



Rest and Unwind Treatments

Please note that occasionally we may not be able to provide your first choice of treatment. If this is the case we will endeavour to let you know as soon as possible so that you and your guest(s) can choose an alternative treatment. (K) Suitable for Kids | (P) Suitable for Pregnancy

Body Treatments

Classic Full Body Massage – 60 | 90 minutes

Benefit: Relaxing - Refreshing - Restoring

Escape to tranquility with a full body Swedish massage. Using light to medium pressure your therapist can focus on the areas of the body that need the most attention. Combined with the use of luxurious aromatic pre-blended massage oils, any stress and tension will quickly melt away.

Tranquility Back, Neck and Shoulder Massage – 20 | 30 | 40 minutes

Benefit: Relaxing – Soothing – Recharging

Unwind with a relaxing back, neck and shoulder massage. Using fragrant pre-blended massage oils your therapist will use light to medium pressure to help relieve tension and aching muscles.

De-Stress Deep Tissue Massage – 40 | 60 | 90 minutes

Benefit: Relaxing – Tension-releasing – De-Toxifying

Immerse in deep relaxation with a prescriptive massage dedicated to relieving tense, tight and painful muscles. Ideal for post exercise relief, your therapist will use techniques that go deeper for greater therapeutic benefit.

Pregnancy Massage – 60 minutes (P)

Benefit: Relaxing – Relieving – Improves Circulation

A 2nd and 3rd trimester massage, using aromatic oils to ease away aches and pains, focusing on the back, hips and legs and alleviating puffiness in the feet and ankles

Relaxing Head, Neck and Shoulder Massage (seated) 20 | 30 | 40 minutes (K)

Benefit: Clarity – Tension-releasing – Rejuvenating

Sit down and relax with a fully clothed oil-free massage. Using medium pressure this treatment increases circulation to the head, shoulders, neck and scalp, alleviates tension and brings clarity to the mind.

Face Treatments

Express Facial – 20 minutes (K,P)

Benefit: Cleansing – Moisturising – Glowing

A mini facial for every skin type that includes a cleanse, tone, exfoliation and moisturize.

Sublime Facial – 30 | 40 | 60 minutes (P)

Benefit: Cleansing – Hydrating – Calming

A relaxing facial for every skin type that includes cleansing, exfoliation and a mask. All topped off with moisturiser for a healthy glow. Longer duration facials will also incorporate toning and massage as part of the treatment.

De-Stress Holistic Facial and Head Massage - 30 | 40 minutes

Benefit: Relaxing – De-toxifying – Tension-releasing

Indulge in this relaxing treatment using aromatic oils to massage the face, head and shoulders. Using light pressure on your face and a deeper pressure around the head and shoulders, any tension will drift away leaving a calm mind and relaxed state.

Hands and Feet

Nail Polish – 20 minutes (K, P)

A file, tidy and polish of the hands or feet. For children under the age of 8 both hands and feet can be painted in 20 minutes.

Classic Manicure 30 | 40 | 60 minutes (P)

A relaxing and pampering hand and nail treat that includes cuticle tidy, a file and polish. French polish or hand and arm massage also included in 40 and 60 minute treatments.

Classic Pedicure – 30 | 40 | 60 minutes (P)

A perfect pamper for the feet that includes a foot soak, cuticle tidy, file and polish. French polish, choice of hard skin removal or foot and lower leg massage also included in 40 and 60 minute treatments.

Gel Manicure or Pedicure – 40 minutes (P)

A fantastic file of the nails and application of gel varnish. Existing gel varnish will need to be removed to experience this treatment.

Gel Varnish Removal – 20 minutes (P)

Professional removal of existing gel varnish

Nourishing Hand Massage - 20 minutes (K, P)

Benefit: Relaxing – Improves Circulation

Enjoy a relaxing hand massage. Using creams or oils this treatment relieves dryness, promotes circulation and will make your hands feel soft and supple.

Refreshing Foot Massage – 20 minutes (K, P)

Benefit: Relaxing – Improves circulation

Relax and recline with a foot massage. Using creams or oils this treatment relieves dryness, promotes circulation and will make your feet feel soft and supple. Perfect after a forest walk or for any expectant mums with puffy, swollen ankles and feet.

Reflexology - 30 | 40 | 60 minutes

Benefit: De-toxifying – Improves Circulation – Relaxing

Experience this holistic pressure therapy treatment to restore equilibrium to your mind and body. Specific pressure points on your feet are stimulated to benefit the major organs of the body, which are mapped out on the feet, helping to improve hormonal issues, and soothe back pain, migraine and digestive disorders.

